

**part II**

**Directions:** Answer the following questions according to what is about the topic in the listening audio (35%).

listen carefully the audio

1. What are the Benefits of practicing yoga?

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2. Which parts of the body enhance when you start practicing yoga?

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3. How does asana yoga help to improve the Digestive System?

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4. How much yoga are in total?

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5. What could be some consequences of practicing yoga?

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 **LIVEWORKSHEETS**